No. 140 August 1955 Regd. M. 4755

Health & Happiness

PUBLISHED MONTHLY

LOOK AT THIS MAN

A few weeks ago he was a stone under weight—thin—lacking in energy. Now he is no longer thin but well built, with pounds of healthy flesh that makes him LOOK better and FEEL better.

OFFICE OF THE REGISTRAR OF BOOKS
10 OCT 1955
MADRAS

IF YOU ARE THIN & SKINNY

You too can build up your body and put on pounds of healthy flesh if you take Vitafos, the famous body builder. Vitafos builds up both men and women. It makes thin, skinny men WELL BUILT & STRONG. It develops flat chested bony women giving them BEAUTIFULLY FORMED BODIES. With it you can gain health, strength and a better appearance.

Send now for a supply of Vitafos, and in a few weeks you will be a different person—no longer skinny—no longer weak, but stronger, well built and with a better appearance. Don't let any failure in the past stop you from taking Vitafos, for it is a REAL BODY BUILDER & cannot fail to give you the extra flesh you need.

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Six bottles Rs. 30. Postage. etc., extra.

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Re-grows new hair on bald spots
Restores natural colour to grey hair

Do you suffer from falling hair and dandruff? Are bald patches or grey hair making you look older than you are? The amazing hair tonic Restora brings new hope to all, for it revives healthy hair growth by feeding and stimulating the hair roots giving them the missing elements of nutrition which is the real cause of falling hair, etc.,

Start using Restora and let your mirror prove results. Your hair will stop falling out, dandruff will go, bald spots will be gradually covered with new hair, and grey hair will get back its natural colour.

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The British Chemical Works Post Box No. 756 EGMORE, MADRAS.

198394

BIRTH CONTROL

BEST QUALITY RUBBER PREVENTIVES

These rubber preventives are the **Best for Family Limitation** because they will not let you down by breaking during use, which often happens when cheap rubber preventives are bought. Further, we send you only **Fresh Stock** and all articles are carefully tested before despatch. So, get your requirements from us and be sure of satisfaction.

AMOURA superfine quality preventives. Specially made for men who want the best. They are extra thin and strong and so soft and fine that they are not felt in use. Will last extra long in hot climates. Guaranteed to be without holes and flaws and not to leak or split when used.

Extra special quality, per dozen Rs. 25, ½ dozen Rs. 13, ¼ dozen Rs. 7.

VELESTRA extra fine quality preventives for men. These are so thin, soft and fine that they are not felt in use. They will not leak or split as they are without holes or flaws.

Doz. Rs. 20, ½ doz. Rs. 11, ¼ doz. Rs. 6.

Neverrip Preventives for men. Good thin quality imported from England. Men who cannot afford the best will find these satisfactory. Dozen Rs. 12. ½ dozen Rs. 6-8.

Silktex preventives for men. Thin quality imported from America. One dozen Rs. 6-8.

Grecian Caps for men. These caps are about 2½ inches long and they cover only the G. P. They allow natural union and yet prevent conception. Doz. Rs. 20, ½ doz. Rs. 11, ¼ doz. Rs. 6.

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F. T.s' For men. These have rubber ticklers at the end and are very popular with men. Doz. Rs. 20, ½ Doz. Rs. 11, ¼ doz. Rs. 6.

Crocodile Preventives for men. These are made with slight ridges like crocodile skin. They will not leak or break and can be washed many times. Superior quality. Doz. Rs. 30, ½ doz. Rs. 16, ¼ doz. Rs. 9.

Duro Sheath for men. Made of fine quality latex rubber. Will not break and will last months in the hottest climate. Can be washed and used many times. Best quality. One Rs. 5, three Rs 14.

SPECIAL SAMPLE PACKET

of 10 different preventives for **Rs. 15.**

We give you here amazing value in this sample packet to prove that you will obtain better value and goods from us. The packet contains the following preventives.

2 Amoura	1 French Tickler
2 Velestra	1 Greecian Cap
1 New type f. 1.	2 Neverrips

1 Crocodile preventive.

Full Privacy. Send value plus Rs. 1-8 postage, etc. (also bank commission if a cheque is sent) and we will be able to send the parcel without our name on it.

Bon Ami check pessary for women. Improved type. Recommended by birth control authorities because it absolutely prevents conception. Three sizes, new superior quality. Price Rs. 7-8. Contraceptive jelly, to be used with the pessary. Rs. 3 a tube.

Ladies, write for particulars of other effective methods of family limitation.

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CURE SKIN ERUPTIONS THRO' THE BLOOD

ZEMRO BLOOD MIXTURE

CURED THIS PERSON OF SKIN DISEASE AFTER

many ointments and blood cleansers had failed.

READ HIS TESTIMONIAL

Dear Sir,

I had suffered for five years with Eczema on my hands and had tried all kinds of ointments and blood tonics but they did not give me any relief.

A friend remarked about the state of my hands one day, and asked me if I had tried Zemro Blood Mixture as it was very good.

After three bottles of this blood mixture, my hands are clear of all the sores. I feel that I must recommend your blood tonic to all my friends as it has done for me that which no other tonic or ointment could do.

R. N. BANERJEE,
P. O. Suri, Birbhum Dt., Bengal.

Now Remove Your Skin Eruptions

BY TAKING THE SAME REMEDY

Zemro Blood Mixture is a **real blood cleanser,** formulated by a Specialist to cleanse the blood of impurities, etc., **every time it is taken.** It cures pimples, acne, bad skin sores, etc. by **removing the impurities causing them.** It smashes gout, rheumatism, etc. by **freeing the blood and joints of uric acid.** It gets rid of leucoderma (white patches) by removing the cause of this disease. **That is why Zemro always cures when other remedies fail and why it is the best for you.**

Follow the example of thousands of skin and blood sufferers who have cured themselves through Zemro. Ignore lesser remedies which will only prove a waste of money. Zemro offers you **a sure cure** for whatever skin or blood disease you suffer from. **Put its efficacy to the test by getting 3 bottles.** The good it will do you, will give personal proof that it is a **real blood cleanser.**

WHEN YOU TAKE ZEMRO YOU ARE ON THE ROAD TO SKIN HEALTH

New improved formula gives wonderful results

1 Bottle	Rs. 5-0-0
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6 Bottles	„ 27-0-0

If yov suffer from any skin or blood disease, write for this free booklet—**"How to Cure Skin and Blood Diseases Permanently."** It gives full information and the best way to get a lasting cure.

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TURN BACK THE HANDS OF TIME

Get back the vigour and strength of your best years

After 40 years of age, sometimes earlier, the glands of your body slows down its manufacture of vital hormones. The result is decreased vigour, reduced vitality, weakness, impaired health, etc.

Vigotone acts directly on the glands of your body and increases their vigour and activity, so that they again produce a full quantity of the hormones needed by the body. Soon your vitality and vigour increases; you feel many years younger and every symptom of weakness disappears. Vigotone is not a temporary stimulant or just another tonic, but a special invigorator for the lasting restoration of vigorous manhood. It never fails to restore and increase the vitality or vital force of the body, and is very good for loss of vital power, Premature Aging, Weakness and Debility.

Try 3 bottles of Vigotone and feel the new vitality and power it puts into you. This will prove to you that it is a real rejuvenator for men.

Read these Testimonials

Mr. J. D. (Calcutta) "......I have taken 12 bottles of vigotone, and I am longer weak and run down. you can publish this if you do not use my name and address........"

Mr. L. W. (Jamshedpur) "......I have obtained real benefit from Vigotone, for it has cured me and given more vigour........."

Mr. V. S. (Bombay.) "......my doctor recommended Vigotone to me, and I have been taking it for the last six weeks with good results."

Get this booklet.

If your vigour and vitality is reduced in any way, write for this free booklet "How to regain youthful vigour and supreme vitality." It gives full information about Vigotone.

Don't let past failures with useless medicines hold you back from a proper cure. Take Vigotone and it will increase your vigour week by week until vigorous manhood is restored.

New improved Vigotone gives very good results. Prices:—One bottle Rs. 7-8; Three bottles Rs. 22; Six bottles Rs. 43 and Twelve bottles Rs. 84, postage, etc., extra. We give a free bottle of special Muscula with every six bottlee of Vigotone. Also Vigotone for women. Prices as above.

The British Chemical Works,

POST BOX NO. 756, EGMORE, MADRAS.

Banthine-New Boon To Ulcer Victims

Harland Manchester

★

A NEW York Executive, hounded by a grim procession of family and business disasters, staggered in to his doctor's office last year complaining of intense pain in the stomach. X-ray pictures revealed an ulcer at the stomach's outlet, so severe that an operation seemed indicated. But the doctor knew of Banthine, a new drug then in its early stage of testing, and thought it would do no harm to try it. The drug, swallowed in the form of small pills, brought immediate relief.

A few weeks ago the patient came in for his nine-month checkup. "In my business they are driving me crazy," he reported, "condition at home are terrible—and I am in the pink of health." X-ray examination showed that his ulcer had healed.

Today, drugstores are selling Banthine under doctor's prescriptions, and it has given relief to thousands.

Banthine is not a "miracle drug" nor a sure-fire permanent ulcer cure—so far as the doctors know, there is no such thing. Banthine is still new—no patient has used it longer than two years and it may be years more before doctors hand down the final verdict. But they do know that in a large percentage of cases ulcers heal under the Banthine treatment, and that in nearly all cases there is great relief from the gnawing agony.

Banthine is the discovery of a research team headed by Dr. Keith S. Grimson. a professor of surgery at Duke University. Dr. Grimson has operated on many ulcer patients. Ulcer operations are drastic and expensive. Even after surgery, ulcers may recur. Also some patients, though cured, experience inconveniences such as failure to regain their normal weight, anemia and discomfort after a large meal.

Dr. Grimson reasoned that if you could find a drug which would block the impulses of the vagus nerves, which control the secretion of acid and the stomach's digestive contractions, you should be able to get all the benefits of an operation on the nerve vithout actual surgery. So three years ago he—began to test about 20 drugs, all complex ammonium compounds, hoping to find one that would selectively paralyze nerve action without too unpleasant repercussions. The compound later named Banthine won the decision.

Finally in January 1949 the Duke team began giving test doses of Banthine to human patients. Results looked promising: within 20 minutes after Banthine was taken on an empty stomach the contractions of the stomach had quieted down and acid secretion had diminished.

Dr. Grimson now selected 100 patients with severe peptic ulcer; 62 of them had been treated with diets and drugs for an average of 15 years: some had had haemorrhages necessitating blood transfusions. By all the rules there was nothing left for this group but surgery. For the rest who had stubborn but less severe cases, surgery was optional. The patients were instructed to take no antacids or other drugs, to eat normal meals, and to continue whatever smoking and drinking they were accustomed to Banthine tablets were given every six hours, and

progress was followed by periodic X-rays.

Improvement was impressive. In many patients the ulcer pains disappeared completely for the first time in years. At the time of Dr. Grimson's latest report, 79 of the 100 "guinea pigs" enjoyed continuing satisfactory relief. Of the 62 patients slated for surgery, only ten had operations: Of the 90 not operated on only II had recurrences, usually milder and of shorter duration than before the treatment. Many have gone back to work. The condition of this group will be followed carefully for five years, but it is already clear that an important new weapon has been discovered for fighting one of civilization's most harrowing ailments.

Last July the Food and Drug Administration released Banthine for general use when prescribed by physicians. In every office and club, stories of its blessings, are told among the great fraternity of the "ulcered." A newspaperman who had struggled through 18 months of half-existence with a duodenal ulcer, living on a restricted diet and trying various drugs to no avail, was given Banthine, Since he took the first pill he has been free of pain, and has resumed his normal activity. A professor of physics with a five-year ulcer makes a similar report. It would be easy to fill a book with such tributes.

Dr. E. N. Collins of the Cleveland Clinic reports that Banthine has been used with success on a number of patients having complicated duodenal ulcers, and that several physicians have used the drug, obtaining satisfactory results without resorting to surgery,

Dr. Asher Winkelstein, chief of the gastrointestinal department of Mt. Sinai Hospital, New York, has used Banthine in treating 100 ulcer patients. The results were dramatic, In half the cases the ulcers healed in three months; in the other half, the ulcers have not yet disappeared but the patients suffer no pain.

Dr. Winkelstein warns, however, that Banthine is too good a drug to be ruined by exaggerated claims. At this stage no one should confuse relief from pain with complete cure. Banthine has not yet had time to disprove the old axiom: "Once an ulcer patient, always an ulcer patient." If people get the idea that it is an infallible and permanent ulcer, cure, it may be abused. If you take Banthine for a few weeks and your pain is gone, that is no proof that you are cured and can eat and drink anything. Irritating foods and beverages may make your ulcer grow, while Bathine makes the symptoms, So Dr. Winkelstein and other gastroenterologists urgently advise a moderate, nonirritating diet, the use of alkalis, abstention from alcohol and tobacco and periodic X-ray examinations,

Dr. Grimson believes that the patient even after his ulcer has healed, should keep on with a "maintenance dose" of Banthine indefinitely. Otherwise, whatever emotional strain brought on the ulcer may return and excessive acid secretion and stomach contractions, unchecked by Banthine, will once again dig a hole in the mucous membrance. It is simple enough to take a few pills a day, and they cost no more than the cigarettes the patient should give up. But the practitioner's worst problem is getting a patient to continue medication when he feels all right.

Like many valuable drugs, Banthine has a few unpleasant side-effects. In addition to checking gastric secretions it acts upon the salivary glands, drying up the mouth—an effect not usually noticeable after a few days of treatment. It dilates the pupils of the eyes, and some patients may have trouble reading. Because it relaxes the muscles, it may slow up bowel evacuation, About five percent of patients find the side-effects of Banthine so severe that they cannot take it. Doctors will not prescribe Banthine when there is any indication of galucoma or of prostate trouble.

—

THE PEBBLE OF SUCCESS

★

DISCOURAGED and Exhausted, Rafael Solano sat down on a boulder in the dry river bed and called his two companions to his side.

"I'm through," he said." There's no use going on any longer. See, this pebble makes about nine hundred thousand nine hundred and ninety-nine I've picked up, and not a diamond so far.

"If I pick up another, it will be one million. But what's the use? I'm quitting !"

It was 1942, and the three men had spent weary months looking for diamonds in a Venezuelan watercourse. They had worked in stooping positions, picking up pebbles, peering keenly at each one, hoping, trusting, that a diamond might be found.

Their clothing was torn, their sombreros tattered; yet not once had they thought seriously of quitting until Solano sat down and said "I'm through,"

In banter, one of his companions said; "Better pick up another and make it a million."

"All right," he replied, answering the taunt, "I will pick up just one more before I quit."

Closing his weary eyes, the prospector put his hand into a pile of pebbles and grasped one almost as large as an egg.

"Well, here it is, the last one," Solano said.

But it was heavy—too heavy for an ordinary pebble. He looked. "Boys, it's a diamond !" he cried.

Harry Winston, a New York jewel dealer, paid Rafael Solano $200,000 for that "millionth pebble.' Named the "Liberator," it proved to be one of the largest and purest diamonds ever found.

Just as that last "pebble" made Salano rich, so the last effort you put forth may bring success and fame, when to quit too soon would mean failure and obscurity :

Submarine Telephone Cable To Alaska Planned

Plans for an underwater telephone cable system linking the United States and Alaska have been announced by American Telephone and Telegraph Company. The proposed cable will stretch 800 nautical miles between Port Angeles, Wash., and Ketchikan, Alaska. An additional 370 miles of cable, already under construction between Ketchikan and Skagway, Alaska, is being laid by the Alaskan Communications System, a branch of the U. S. Signal Corps.

The entire system from Port Angeles to Skagway is expected to be completed by late 1956. The A. T. and T. Co. also proposes to build a radio relay route to carry the circuits from Port Angeles to Seattle, Washington, where they can be connected to the United States network of long-distance facilities. The proposed A. T. and T. Co. cable and radio relay system will have a capacity of 36 message circuits and will cost an estimated $14,000,000.

Telephone service between Alaska and the United States is currently provided over 13 radio and land-line circuits, whicb are inadequate to handle current and estimated future traffic requirements. The new cable will replace this system which is subject to frequent interruptions and delays on account of the length of the route and the difficult terrain it crosses.

—*Bell Laboratories Record*

BREAD FROM THE SEA

By BILL DAVIDSON

●

Scientists are finding an inexhaustible new source of food in tiny water-borne algae cells.

IN laboratories all over the world scientists are experimenting with a dark-green substancethat may prove more important to mankind than atomic energy.

This amazingly versatile material is a powder or paste made from millions of microscopic single-cell plants called algae one of the earth's elementary forms of life.

It is edible and contains protein, fat, starch, vitamins and every other food com ponent needed to sustain life. Most important, algae can be grown in whatever quantities may be required almost anywhere in the world—in oceans, lakes, ponds, even barren deserts. All you need are light, water and a few inexpensive chemicals. Algae have been known to multiply as much as eight times every 24 hours—and they can be harvested all the year round. Scientists estimate that only 19 per cent of the earth's total land area might be required to grow enough to fill all the food and energy requirements of the seven thousand milion people expected to inhabit the earth by the year 2050.

First hint of the great role the tiny cells may play in the future came from laboratory experiments just before World War II. Since then, developments have come so fast that one scientist has suggested mobilizing all the available scientific brains for a programme similar to the one which developed the atomic bomb.

The U. S. Air Force's Department of Space Medicine, for example, has asked scientists to look into the possibility of producing algae as a source of food and oxygen in a space ship. The algae might by grown inside the ship, in transparent tanks exposed to the sun. The U. S. Navy has awarded a contract to the University of California to find out if algae can be used to supply oxygen and remove carbon dioxide from such enclosed working areas as the new atomic submarines. Other groups of scientists are investigating algae as an incredibly rich storehouse of valuable industrial products.

Some overpopulated countries are already turning to algae as a source of life building protein. Thailand is harvesting 5,000 tons of plankton—comprising both algae and other small marine life—a year from adjacent seas. Japan and Israel have experimental installations—a few Japanese are now trying out this food-of-the-future.

Algae are among the most primitive of all plants. They have no roots or stems and many species float free in whatever medium they choose to inhabit. The types showing the most promise today are single self-contained cells, too small to be seen by the human eye. A thousand of them could fit on the head of a pin. They swarm in oceans, ponds, lakes, even in the soil (where they absorb water from the atmosphere)—and they serve as food for shrimps. oysters, some fish and microscopic animals.

Each tiny alga cell is a miraculous food factory in itself. It absorbs carbon-dioxide gas through its body wall and takes up nitrogen, phosphorus and other non-living elements from its surroundings. Then, through the magic medium of the chlorophyll it contains, the alga uses the light energy of the sun or artificial light to combine these chemicals into life-giving protein, fat. carbohydrates and every other food fraction.

An alga is so low in the evolutionary scale that it doesn't require seeds or mating to bear young. It simply bursts its body wall and divides itself to produce two or more new algae. Under contro-

(Continued on page 6).

198394

Extracts from Interesting Books

A Roman gladiator....

Paid to murder forced to kill.

They smashed together with the force of two bulls, so close that Faljan felt the enemy's hot breath. Blood was flowing down his tunic, draining away his waning reserves of strength, but he locked his teeth and plunged forward.

Vortinax broke through Faljan's guard and a roar of applause wen tup. The sand was red beneath their feet. The roar of the frenzied crowd beat on their ears. Then as Vortinax plunged in for the kill, Faljan's sword pierced his side... (Extract from "The Gladiator" by T. Williamson)

* * *

In a frenzy of primitive excitement....

Coussan ran to the hut of the native girl. She was lying on the floor, on the grass mat—her beautiful brown body swelling with desire. Coussan approached her, his powerful arms tense and tingling, when suddenly his French mistress burst into the room... (Extract from "African Mistress" by Louis Charles Royer)

* * *

With a quick movement Barbarossa dragged the cover off her, and she stood naked, defiled, as hamed; murder was in her heart as Barbarossa's lust-filled eyes roamed over her.

"My beautiful Tisa, your body is all Allah intended a woman's should be." Kerebin swept her up as though she were a feather, crushing her against his chest in an iron hold. Her face was buried in his warm throat-smelling of musk and amber as be carried her across the room. (Extract from "Tisa" by H. Moray)

* * *

A signal, barely perceptible, passed among the Mongols. They dared wait no longer. Even the sentries would soon notice the ghostly approach of the enemy. So, moving on silently, they sprang upwards, each towards the sentry previously chosen, and flung themselves upon the Karait. They struck their short daggers upto the hilt in each unsuspecting back, and with only the faintest groan, the sentries sank to their knees, and then to their faces. It took only instants to divest them of their headdresses, which the Mongols placed upon their own heads. Then, wrapping themselves in their cloaks, the Mongols, carrying naked swords, took the places of the dead men, and paced silently back and forth. (Extract from The Earth is the Lord's, a tale of Genghis Khan the Conqueror)

* * *

Sibilla whirled around. A few feet away stood an Arab—a spear in his upraised hand. He hurled it at her and she felt it brush her shoulder as she fell. At once he was upon her. She saw his face twisted with fury and then the gleam of his knife as he raised it to strike. She grabbed at his throat and tried to tighten her grip on it. But he was stronger and her hold was breaking. She dug her nails into his flesh and squeezed. With her last breath she tried to call out to Pagan—then all of a sudden it grew dark and she felt herself slipping away into the night. (Extract from Sir Pagan by Henry J. Colton.)

* * *

"I wanted to show you the scars" she said breathlessly. He fumbled at her dress. She leaned against him unresistingly and then lay across the bed. His hands were clumsy. The rustle of her gown in the darkness excited him. She stretched out a hand to his face and tangled her fingers in his hair. "Did you ever kiss an Indian girl, Senor?" She said, leaning over his face. "No, I am not one for kissing" he said. "This is an Indian kiss." she said coldly. Her right arm moved suddenly, accurately........... There was no flash of light upon the blade. The

(Continued on page 7)

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lled culture conditions, this cell division has taken place as often as twice a day.

Scientists duplicate artificially the conditions under which algae multiply. They take a speck of algae cells from any pond, place them in a water-filled culture vessel, give them optimum amounts of light and pipe in supplies of carbon dioxide and other nutrients. In a few weeks a container the size of a cattletruck will become thick with algae and the cells can be harvested constantly to provide food.

Scientists believe that algae can be found to suit every taste. There are probably thousands of species adaptable to mass culture although only 26 have been investigated to date.

Chlorella, the type used in nearly all food tests so far, has a decided vegetable flavour. I ate some at the University of Texas, where a girl chemist harvested fresh cells for me She took about a pint of green liquid from a glass tank, put it in a centrifuge and whirled it round for a few minutes to separate the cells from the water. The residue was a teaspoonful of olive-green paste, representing many millions of live algae.

I tasted the stuff somewhat apprehensively. It was bland, a bit oily and had a faint vegetable flavour reminiscent of broccoli.

Because algae, like all fresh protein foods, spoil easily, the cells are usually dried to a fine powder which can be kept indefinitely. The powder has a different flavour from that of the freshly harvested cells. At Texas they gave me some that had been stored in a flask for more than two years. It tasted very much like a mixture of prunes and nuts.

The processed plankton used in Thailand looks and smells very much like anchovy paste. In Thailand it is proving valuable because the diet of the population is extremely deficient in proteins.

The question of taste doesn't worry research workers. Artificial flavouring obviously could be added to alter the taste of fresh or processed algae.

Even with Chlorella, there have been some interesting culinary developments, At a tea-party in California last year, Mrs. Hiroshi Tamiya, wife of the Japanese scientist, served algae bread, algae noodles. algae soup and algae ice cream to distinguished scientists from the Carnegie Institution's Department of Plant Biology.

"The addition of Chlorella to bread and rolls" wrote Dr. Tamiya, "increses the protein 20 per cent and fat 75 per cent The foods are also very much richer in vitamins A and C, which are lacking in ordinary breads."

In other words, Dr. Tamiya's algae rolls are as nutritious as meat and potatoes. And if you took a large bowl of Dr Tamiya's algae noodles smothered in his algae sauce (processed to taste like soya sauce), you'd be eating the equivalent of a small steak dinner. When Chlorella powder is added to ice-creams the dark-green colour of the algae is diluted to a pleasant light green and the algae accentuates the basic taste of ice-cream.

Drs. Jorgen Jorgenson and Jac-into Convit gave a thick, cooked "plankton soup" to patients with advanced cases of leprosy in a Venezuelan hospital with beneficial effects. Nearly all grew fat and hearty. One emaciated 33-year-old woman, given a concentrated form of the soup every day for a year, gained 2½ stone.

The cost of manufacturing algae must come down before large-scale production is feasible The first pilot plant was set up in Cambridge, Massachusetts, with a grant from the Carnegie Institution. Pliable plastic polyethylene tubing was used in place of proposed steel troughs. This cut the cost 90 per cent, and allowed the production of algae at 25 cents (1s. 9d.) a pound.

The University of Texas has found a species of Chlorella that thrives in temperatures as high as 103 degrees. This may eliminate all cooling equipment and allow algae to be mass-produced for 10½d. a pound.

Scientists are now talking about the world's first 4,000,000-ton-a-year algae plant. "I don't know whether it will be built in America or in Japan or in Israel" said one, "but it will come—and in the next ten years."

(Concluded from page 5)
sharp point slid into his throat easily. She twisted the blade until she felt metal grinding against bone. (Extract from The Color of Blood by E. Ralph Rundell.)

* * *

LOBOLO

Lobolo, or "wife-price" is an established African custom and though there is always some bargaining, "standard prices" are fixed by local custom. Occasionally these prices are sent haywire by the appearance on the marriage mart of some unusually beautiful woman. Such was the case in 1894 when a Kaffir chieftain offered his eldest daughter, a girl of thirteen. White men who saw her claimed that she was more beautiful than any white woman they had ever seen and though, her skin was ebony black, her features were in the best European manner. The girl, however had no white blood. Although only thirteen years old she was already full bosomed and round of hip and limb, her voice was husky and her eyes had lured several young gallants to death on the spears of her father's guard. The bidding opened with an offer of a hundred and twenty goats and rose from there to ten muskets with powder and shot, but the girl was finally bought by a Swazi chieftain for forty head of cattle, two guns and a large bag of tobacco. A year later the girl ran away with a half breed gold-field worker who later settled in Egypt and did very well for himself, except that the girl he had run away with left him for an Egyptian nobleman in whose home she is said to have died shortly thereafter under mysterious circumstances.

Hormone increases height

Good results in treating two undersized young girls with pituitary-gland growth hormone have been reported by Drs. Ephraim Shorr, Anne C. Carter, Byrl J. Kennedy and Richmond W. Smith, Jr. of Cornell University Medical College and the New York Hospital.

One girl, 14 years 7 months when treatment was started, grew over 7 inches, to reach a height of 5 feet, $\frac{7}{8}$ of an inch in 4 years. The other girl, who was 18 when treatment started, grew just over $2\frac{1}{2}$ inches in 3 years.

The hormone used is a purified crystalline preparation called Somatotropin. It was prepared by Armour Laboratories according to a method developed by Dr. Alfred E. Wilhelmi and his associates at Yale University. It is in very short supply and none will be available commercially for many months.

Discovery that the little pituitary gland in the head produced a growth-promoting hormone was made over three decades ago, in 1921, by Prof. Herbert M. Evans and his associates at the University of California. In 1944, the California scientists succeeded in extracting the specific growth hormone from the gland. Most of the tests of growth hormone, however, have been made on laboratory animals. The few studies of it so far when given to humans have been conflicting and inconclusive.

The studies now reported showed that besides promoting growth in the two very short young girls, the hormone promoted storage in the girls' bodies of protein and of bone-building calcium and phosphorus.

What every married man should know

Write for a free copy of this book if you are married or intend to marry. It gives interesting sex information and is illustrated. Write to :—

THE BRITISH CHEMICAL WORKS

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New Gadgets to Aid Blind

An enormous variety of instruments, ranging from writing equipment to occupational aids, are now available for the blind and partially blind in all sorts of trades and professions. They include a powerful magnifier which enables the partially blind to read; apecial Brailled alarm clock; and a stapled tape measuse easily read by the blind. For blind chefs there are carving knives designed to permit uniform slices of meat, vegetables and bread; automatic pancake turners; a new type of plastic rolling pin which can be operated with one hand; and pressure cookers with special markers. For mathematicians there are slide rules, protractors, slates and draftsmen's compasses which are especially marked in Braille. For tailors and seamstresses there are magnets for picking up pins and needles; hem gauges; self-threading needles and special scissors. And for those in the medical profession there are special types of thermometers and syringes which may be used with maximum safety. These are but a few examples of the wide range of helpful instruments which are now readily available. Information about these articles may be secured from the American Foundation for the Blind, Inc., of New York.—*Think.*

* * *

Fat Men Do Get Less Chilly

The amount of fat you have in your body affects the way in which you cool in a chilly environment, according to studies made by Dr. Farrington Daniels, Jr. and Paul Baker of the Quartermaster Research and Development Centre at Natick, Mass. The amount of fat in the body was measured by the thickness of the skin which can be "pinched" over the upper arm, the chest, and the stomach. Thirty-one men ranging in body fat from 1.2 percent to 19 percent of their body weight were studied.

The men wore only short pants and sat for two hours in a cold room at 60· F. which is only slightly cool to a clothed person, but very chilly to an unclothed person. Skin temperatures and internal temperatures were measured. It was found that the greater the amount of subcutaneous fat the warmer the interior of the body at the end of two hours.

The fatter men had essentially normal internal body temperatures while the thinnest men had cooled to about a degree Fahrenheit below normal. The role of the subcutaneous fat, like the blubber of a seal, in insulating the interior of the body was also shown by the fatter the man, the lower the average skin temperature during the cold exposure,

The thin men maintained a higher skin temperature partly by drawing on the interior of the body for heat and also by shivering more. This shivering was shown by a greater oxygen consumption in the thinner men, who, of course, were burning more food to keep themselves warm.

* * * *

Poultry Diseases

EARLY PROTECTION ADVISED

New Delhi: Though most poultry-keepers know the usefulness of vaccinating their birds against Ranikhet disease and fowl pox, it is common for them to wait till the birds are old.

It is better that vaccinations are done early. Vaccination against Ranikhet disease can be done when the birds are eight weeks old. Poultry-keepers are advised to get their birds vaccinated when they are between two and three months of age.

When buying, it is safer to buy birds which are guaranteed to have been protected against Ranikhet disease and fowl pox.—ICAR

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